



The Matrix Mindfulness Practitioner

Meditation Collection

Dr. Paras
INSPIRE-EMPOWER-TRANSFORM

Exclusive Mindfulness Scripts
for Wellness Professionals

Migraine Relief

Migraine Relief

There are more than 300 million people in the world that suffer from migraine headaches. A migraine headache is an excruciating and debilitating type of headache that is usually accompanied by dizziness, nausea and extreme sensitivity to light. Often the only thing a person with a migraine can do is find a dark place to endure the pain until it finally goes away.

If you suffer from migraines, you know how much these headaches can interfere with your ability to enjoy life. You may even wonder when your next headache will occur. You may dread the pain and worry about how severe each new attack will be. Since half of migraines are triggered by stress, stressing out over the possibility of getting another migraine only makes the situation worse. Even when you are not thinking about headaches, you may find that the stress of work, school or anything else going on in your life is a constant threat that can lead to a migraine at any time.

Find a comfortable place to relax as you listen to this meditation. It could be in your bed or in a nice comfortable chair. Turn off all phones or anything that could distract you and of course never listen to this meditation while driving or operating any machinery as it could make you very drowsy. It is best to use headphones to listen to this meditation and be able to hear all the subtle sounds.

Make yourself very **comfortable** now, make sure your body is in a very **relaxed** position, and adjust any pillows as you need to. Begin breathing very slowly from your abdomen. Place your hands there and feel your stomach rising and falling with each breath. As you breathe in allow your abdomen to rise and as you breathe out let it fall. Focus all your attention now on your breathing. **That's right.** Breathe in through your nose and blow **gently** out through your mouth. Breathing **slow and deep.** Breathe in relaxation and out tension and stress. Feel yourself **unwinding.** Notice how you're slow breathing is beginning to induce a nice state of **deep** relaxation. Breathing in, and breathing out...

In, and out



Allow relaxation to spread down through your body starting with your head, relaxing the scalp, the forehead...

Allow your eyelids to be heavy and relaxed on your eyes as they close...

Your entire face letting go, your cheeks, your jaw

Let the relaxation flow down your neck and back, all the way down your spine, through your stomach and legs, and feet...



Feel your entire body now from your head to your toes **relaxed.....** Every cell and nerve in your body is enjoying this peaceful, tranquil relaxation. You are **completely relaxed** now, no one wants anything from you, this is time **just** for you.



Imagine a door in front of you now, you open the door in front of you and you enter the most **beautiful garden** you have ever seen.

Maybe you have seen a garden like this before or maybe it is one you have always